



# Department of Public Health

**MAYOR**  
Dee Margo

## COVID-19 Discontinuation of Self-Isolation **REVISED 07/26/2020**

### CITY COUNCIL

**District 1**  
Peter Svarzbein

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Alexsandra Anello

**District 3**  
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**District 4**  
Dr. Sam Morgan

**District 5**  
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**CITY MANAGER**  
Tommy Gonzalez

For discontinuation of self-isolation, The city of El Paso Department of Public Health and CDC recommend the symptom-based method for those with symptoms during their infection or the time-based method for those who tested positive without symptoms. The test-based method is no longer recommended.

### Symptom-based method (no severe illness or severe immunocompromise)

#### Maintain isolation until:

- At least 10 days have passed *since symptoms first appeared* ; **AND**
- At least 1 day (24 hours) have passed WITHOUT fever and without the use of fever-reducing medications; **AND**
- Improvement in symptoms

### Symptom-based method (severe illness or severe immunocompromise)

#### Maintain isolation until:

- At least 20 days have passed *since symptoms first appeared*. **AND**
- At least 1 day (24 hours) have passed WITHOUT fever and without the use of fever-reducing medications; **AND**
- Improvement in symptoms

### Time-based method (tested positive without symptoms)

#### Maintain isolation until:

- At least 10 days have passed since the date of their most recent positive COVID-19 diagnostic test **AND**
- Continue without having any symptoms (assuming they have not subsequently developed symptoms since their positive test.)
- If a case has a **severe immunocompromising condition** without symptoms, at least **20 days** should have passed *since the date of first positive specimen collected*.

NOTE: If they develop symptoms, then the symptom-based strategy should be used based on the date of symptom onset.

**Angela Mora – Interim Director**  
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## Discontinuation of Self-Isolation: Return-to-Work Criteria for Healthcare Personnel or First Responders with Suspected or Confirmed COVID-19.

**REVISED 07/26/2020**

Except in rare situations, a test-based strategy is no longer recommended to determine if healthcare personnel can return to work. The City of El Paso Department of Public Health and CDC recommend the symptom- or time-based method for discontinuation of self-isolation.

### Symptom-based method (no severe illness or severe immunocompromise)

#### Return to work following:

- At least 10 days have passed *since symptoms first appeared* ; **AND**
- At least 1 day (24 hours) have passed **WITHOUT** fever and without the use of fever-reducing medications; **AND**
- Improvement in symptoms

### Symptom-based method (severe illness or severe immunocompromise)

#### Return to work following:

- At least 20 days have passed *since symptoms first appeared*. **AND**
- At least 1 day (24 hours) have passed **WITHOUT** fever and without the use of fever-reducing medications; **AND**
- Improvement in symptoms

### Time-based method: for healthcare personnel with laboratory-confirmed COVID-19 who have not had any symptoms:

#### Maintain isolation until:

- At least 10 days have passed since the date of their most recent positive COVID-19 diagnostic test **AND**
- Continue without having any symptoms (assuming they have not subsequently developed symptoms since their positive test.)
  
- If a case has a **severe immunocompromising condition** without symptoms, at least **20 days** should have passed *since the date of first positive specimen collected*.

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NOTE: If they develop symptoms, then the symptom-based strategy should be used based on the date of symptom onset.

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## OPTIONAL: Test-Based Strategy for HCW or FR to Return to Work Sooner.

**In some instances, a test-based strategy could be considered to allow HCP to return to work earlier than the recommended isolation time used by the symptom-based strategy.**

This test-based strategy criteria should only be used in the following circumstances:

### **HCP who are not symptomatic:**

- **NEGATIVE** Results using an FDA-authorized molecular viral assay to detect SARS-CoV-2 RNA performed 5-7 days after first positive test.

NOTE: If test performed at 5-7 days is **POSITIVE**, then follow time-based strategy.

Reference:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html>

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